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Breville Customer Service Centre

Australian Customers

Breville Customer Service Centre
Locked Bag 2000
Botany NSW 2019
AUSTRALIA

Customer Service: 1300 139 798

Fax (02) 9384 9601

Email Customer Service askus@breville.com.au

New Zealand Customers

Breville Customer Service Centre
Private Bag 94411
Greenmount
AUCKLAND, NEW ZEALAND

Customer Service: 09 271 3980

Fax 0800 288 513

Email Customer Service askus@breville.com.au

www.breville.com.au

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Due to continual improvements in design or otherwise, the product you purchase may differ slightly from the one illustrated in this booklet.

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Model EW40
Issue 1/03

Breville

Avance Ultimate Wok



INSTRUCTIONS FOR USE
AND RECIPES

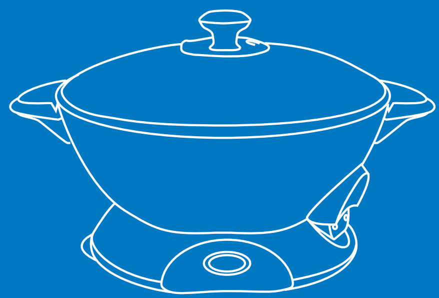
Model EW40

CONTENTS

Avance Ultimate Wok

Congratulations

on the purchase of your new Breville Avance Ultimate Wok



Your Avance Ultimate Wok with its 'High Wall' heat system delivers 'gas style' performance. Its secret lies in its high wall 2400W Heat Element, which creates a high heat zone over the entire wok surface.

Your new Avance Ultimate Wok also features the new Quantanium scratch resistant coating which allows the use of metal utensils without damaging the surface.

BREVILLE RECOMMENDS SAFETY FIRST

We at Breville are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

READ ALL INSTRUCTIONS BEFORE OPERATING AND SAVE FOR FUTURE REFERENCE

- This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use outdoors.
- The appliance is not intended for use by young children or infirm persons without supervision.
- Do not leave the appliance unattended when in use. Young children should be supervised to ensure that they do not play with the appliance.
- Do not touch hot surfaces. Use handles.
- Always use the Avance Ultimate Wok on a dry level surface.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- When using this appliance, provide adequate air space above and on all sides for circulation.
- On surfaces where heat may cause a problem, an insulating mat is recommended.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- Do not immerse cord, plug or temperature control probe in water or any other liquid.
- Always turn the power off at the power outlet and then remove the plug, and then remove the temperature control probe before attempting to move the appliance, when the appliance is not in use and before cleaning.
- Do not use harsh abrasives, caustic cleaners or oven cleaners when cleaning this appliance.
- Regularly inspect the supply cord, plug and actual appliance for any damage. If found damaged in any way, immediately cease use of the appliance and return the entire appliance to the nearest authorised Breville service centre for examination, replacement or repair.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

KNOW YOUR BREVILLE WOK

2400 watt 'high wall' element
The element in your Wok is recessed around the wok base sides creating a wide heat zone over the entire wok surface. The heavy die-cast construction of the wok bowl is designed to retain even heat and save energy.

Sealed element
The unique heating element is fully sealed, so the Avance Ultimate Wok is dishwasher safe and can be fully immersed in water for easy cleaning.

Cook 'n' Look Glass Lid
With the lid in place, the Avance Ultimate Wok can be used for slow cooking foods such as curries and casseroles. Use the steam vent to release excess steam build up during slow cooking or to reduce liquids.



Unique Pull-out Spoon Rest
Designed to allow the charn to rest while not being used. Keeps kitchen mess to a minimum.

Easy Push-Lever Removable Base
Your Avance Ultimate Wok has a quick release removable base for easy cleaning. This allows the Avance Ultimate Wok to fit easily into the dishwasher or sink. Simply move the lever button to the right to unlock the base.

KNOW YOUR BREVILLE WOK cont'd

Plastic Spatula
Your Avance Ultimate Wok is supplied with a plastic charn for stirring foods, as it won't damage the non stick surface.

New Quantanium Scratch Resistant Non-Stick Cooking Surface
Your Breville Avance Ultimate Wok features the new highly resilient Quantanium coating. It features special scratch resistant minerals causing metal utensils to slide over these particles without damaging the coating.

The end result is a non stick coating which enables the use of metal utensils such as spatulas and spoons, but not sharp utensils.

This non stick surface also means that foods won't stick and less oil can be used while cooking.

Regular high heat cooking may discolour the non-stick Quantanium surface, this is normal and will not affect the performance of the non-stick coating.



Removable Temperature Control Probe
The temperature probe has 14 heat settings plus 'High Sear' for accurate temperature control. The 'High Sear' setting should be used for searing and sealing meats when stir frying.

The light on the probe switches off automatically when the temperature is reached and will cycle on and off during cooking in order to maintain the temperature selected.



KNOW YOUR BREVILLE WOK cont'd

The numbers on the dial represent the following temperatures approximately.

HEAT SETTINGS	FUNCTION	TEMPERATURE GUIDE
1 **2** **3** **4**	Keep food warm Slow cooking sauces Casseroles	Low Heat/Slow Cook
5 **6** **7** **8** **9**	Curries, pasta Rice, browning nuts Shallow frying	Medium Heat
10 **11** **12** **13**	Vegetable stir frying	High Heat
14 **High Sear**	Stir frying Sealing meat, stir frying	High Sear

NOTE!! **For best results allow the Avance Ultimate Wok to preheat for 10 minutes on the 'High Sear' setting before beginning to cook.**

NOTE!! **Temperatures given are a guide only and may require adjustment to suit various foods and individual tastes.**

OPERATING YOUR BREVILLE WOK

BEFORE FIRST USE

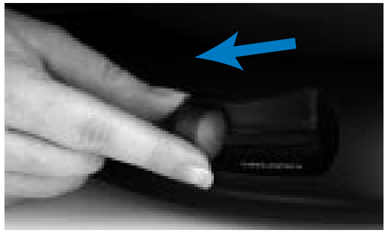
- It is recommended you remove any promotional labels and wash your Wok and lid in hot soapy water. Rinse and thoroughly dry.

> *NOTE!!* **Before inserting temperature control probe into the Wok socket ensure the interior of the socket is fully dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.**

- The base is removable for easy cleaning (see page 11).
- Do not immerse the cord and/or temperature control probe in water or any other liquid.

OPERATING YOUR WOK

1. With the Push-Lever Removable Base button in the 'unlock' position, place the Avance Ultimate Wok into the outer housing. Ensure the Wok is firmly located on the base tray then move the Push-Lever button to the 'lock' position.



2. Insert the Temperature Control Probe into the socket at the side of the Avance Ultimate Wok. Plug into a 230/240v power outlet and switch 'on'. Always insert the heat controller into the appliance first, then plug into main power outlet.

OPERATING YOUR BREVILLE WOK cont'd

3. Preheat the Avance Ultimate Wok on the 'High Sear' setting for approximately 10 minutes. The thermostat 'On' light will illuminate on the heat control indicating the temperature at which the dial is set.
4. When the thermostat light goes out this indicates the wok has reached its set temperature. The wok is now ready for use. The thermostat light will cycle on and off throughout cooking as the temperature is maintained by the thermostat.
5. When cooking is completed, turn temperature control knob to the off position ("0" on dial) before switching off at the power outlet. Unplug from power outlet. Leave temperature control probe connected to the appliance until cool.

> *NOTE!!* **The Avance Ultimate Wok must be used with the temperature control probe provided. Do not use any other temperature control probe or connector.**

> *NOTE!!* **When stir fry cooking and a high heat is required, set temperature dial to 'High Sear' and allow thermostat light to cycle on and off several times. This will allow the cooking surface to adjust to a more accurate cooking temperature.**

NEVER OPERATE THE AVANCE ULTIMATE WOK WITHOUT THE BASE POSITIONED DIRECTLY IN PLACE.

NEVER PLACE OIL OR FOOD INTO A COLD WOK WHILE IT IS HEATING, THIS WILL GIVE A POOR COOKING RESULT.

THE AVANCE ULTIMATE WOK GETS VERY HOT DURING USE, ALLOW THE UNIT TO COOL BEFORE MOVING OR STORING.

CARE AND CLEANING

- Allow the Avance Ultimate Wok to cool down before cleaning.
- Before cleaning switch the wok 'off' and unplug from the power outlet. Remove the temperature control probe from the socket in the appliance by depressing the 'easy release' lever on the side of the probe (refer page 6).
- Do not leave plastic cooking utensils in contact with the Avance Ultimate Wok while cooking.

TEMPERATURE CONTROL PROBE

- If cleaning is necessary, wipe over the unit with a slightly damp cloth.

> *NOTE!!* **Do not immerse the cord, plug or temperature control probe in water or any other liquid.**

Storage : Store the control probe carefully. Do not knock or drop it as this can damage the probe. If damage is suspected, return the Temperature Probe to your nearest Breville service centre for inspection.

> *NOTE!!* **For convenient storage of the Temperature Probe, line the wok bowl with two sheets of kitchen paper and place the probe on the kitchen paper. This will ensure the probe and plug doesn't scratch the non-stick coating.**

NEW QUANTANIUM SCRATCH RESISTANT COATING

Your Avance Ultimate Wok features a special scratch resistant non stick coating that makes it safe to use metal utensils when cooking.

Regardless of this fact, Breville recommends that care is taken with the non-stick coating particularly when using metal utensils. A plastic spatula has been provided for your use.

Do not use sharp objects or cut food inside the Avance Ultimate Wok. Breville will not be liable for damage to the non-stick coating where metal utensils have been misused.

Cooking on a non-stick surface minimises the need for oil, food does not stick and cleaning is easier.

Any discolouration that may occur will only detract from the appearance of the Avance Ultimate Wok and will not affect the cooking performance.

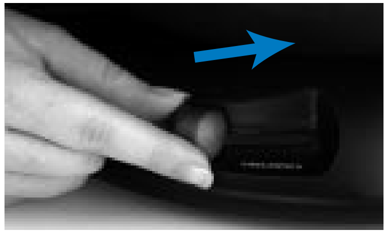
To clean interior and exterior surface

When cleaning the non-stick coating do not use metal (or other abrasive) scourers. Wash in hot soapy water. Remove stubborn spots with a plastic scouring pad or nylon washing brush.

REMOVABLE BASE

TO REMOVE THE BASE FOR CLEANING

1. Move the Push-Lever Removable Base Button to the 'unlock' position.



2. Lift the base from the wok, lifting over the heat controller socket.



The wok base may be washed in hot soapy water, dry thoroughly. The wok base is dishwasher safe.

The Avance Ultimate Wok should never be operated without the wok and base fully assembled and locked into place.

3. To relock base to wok, move Push-Lever Removable Base Button to the 'lock' position.

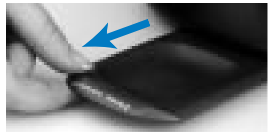
GLASS LID

Wash the glass lid in warm soapy water using a soft sponge, rinse and dry thoroughly. The glass lid is dishwasher safe.

> *NOTE!!* **Take care when the glass lid is hot. Do not place hot lid under cold water or on cold surfaces. This may cause id to break.**

PULL-OUT SPOON REST

Remove the spoon rest from the wok base by simply pulling the rest all the way out from the base and depressing the area in the middle. This will allow the spoon rest to be fully removed. Wash in warm soapy water using a soft sponge, rinse and dry thoroughly. Alternatively, the spoon rest can be placed into the dishwasher.



DISHWASHER SAFE

Your Avance Ultimate Wok is dishwasher safe for easy cleaning. The recessed heating element is completely sealed so it is safe to immerse in water. Both the top and base of the Avance Ultimate Wok may be placed in the dishwasher. It is recommended that the base be washed by hand.

> *NOTE!!* **Before inserting temperature control probe into the Wok socket ensure the interior of the socket is fully dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.**

STIR-FRYING

Recommended temperature probe setting - 'High Sear' for stir frying meat.

13 - 14 for vegetables and seafood

- Stir frying is an energy efficient and healthy way of cooking foods. The benefit of this method is its speed and the flavour result. The non-stick cooking surface on your wok also means that less oil is required for cooking. The cooking action for stir frying is a continual tossing motion to ensure the food is evenly exposed to the heat and cooks quickly and evenly in a couple of minutes.
- Stir frying should be carried out using a high heat setting.
- Preheat your wok before adding any ingredients, allow the temperature light to cycle 'on' and 'off' several times. This will allow the wok to reach an even high temperature.
- Stir frying is a dry heat cooking method and is best suited to tender cuts of meat. Timing is a key factor when cooking them as over cooking will give a tough, dry result. Cooking times depend on the size and thickness of the cut, as the bigger the cut the more time is needed.

RECOMMENDED CUTS FOR STIR FRYING

BEEF
Lean beef strips prepared from rump, sirloin, rib eye and fillet.

CHICKEN
Lean chicken strips prepared from breast fillets, tenderloins, thigh fillets.

LAMB
Lean lamb strips prepared from fillet, lamb leg steaks, round or topside mini roasts and loin.

PORK
Lean pork strips prepared from leg, butterfly or medallion steaks or fillet.

VEAL
Eye of loin, fillet, round, rump or topside.

STIR FRY TIPS

- Buy meat strips from your butcher or supermarket, or prepare meat strips from recommended cuts listed above by removing any fat and slicing thinly across the grain (across direction of meat fibres). Slicing across the grain ensure tenderness. Cut into very thin strips, approximately 5 - 8cm in length. Partially freeze meat (approximately 30 minutes) to make slicing easier.
- Stir fry meat strips in small batches (approx 200 - 300g) to stop meat shedding its juice and 'stewing', resulting in tougher meat.
- When adding meat strips to the frypan, the strips should sizzle.
- Stir fry meat strips for 1 - 2 minutes. Any longer will toughen meat.
- Remove each batch when cooked and allow frypan to reheat before stir frying the next. By cooking in small batches the heat of the frypan remains constant, ensuring the meat doesn't stew and toughen.
- A small amount of oil can be mixed through the meat strips before adding to the frypan, along any other flavouring such as garlic, ginger and chilli. A little sesame oil can also add flavour. Mixing the meat with the oil rather than heating it separately in the frypan eliminates using too much.
- Drain off thin marinades from meat strips before stir frying to prevent stewing and splatter.

Fry vegetables before meat in a little oil (or sprinkling of water) until vivid in colour for:

3 MINUTES
Onion, quartered
Broccoli, flowerets
Carrots, sliced
Soaked Chinese dried Mushrooms

2 MINUTES
Snow peas
Capsicum, sliced
Zucchinis, sliced
Water chestnuts
Bamboo shoots

1 MINUTE
Garlic, minced
Chilli, minced
Ginger, minced
Shallots, chopped
Bean sprouts

This brief cooking time will keep vegetables crisp.

- Peanut oil is traditionally used for stir fry Asian style dishes. However other oils such as vegetable, canola and light olive may be used.
- Do not over fill the frypan. If necessary cook in batches and reheat at the end of stir frying. If using this method remember to under cook slightly to not overcook the end result.
- Serve stir fried foods immediately to retain their crisp texture.

COOKING TECHNIQUES cont'd

SHALLOW FRYING

Recommended temperature probe setting 8-10.

Used to crispen and cook foods in a small amount of oil. The foods may have already been cooked.

- Use approximately 3 cups of oil, or sufficient oil so that half the food is immersed.
- Preheat the oil before adding food. When using oil never cover with the lid during heating or cooking as this will cause condensation to drip into the oil and result in bubbling and splattering.
- Do not move the wok during heating or cooking.
- Wipe moisture from foods to avoid splattering.
- Cook a few pieces at a time to ensure crispness.
- Drain cooked foods on kitchen paper to reduce greasiness.
- Never leave your frypan unattended or unsupervised while shallow frying.
- Allow oil to cool before removing from frypan.
- Vegetable, peanut or canola oil is recommended for frying.

SLOW COOKING (BRAISING)

Recommended temperature probe setting 1 - 2.

Your Avance Ultimate Wok is ideal for slow cooking curries and casseroles. Slow cooking allows less tender meat cuts to be used, to obtain a tender result. Less tender meat cuts contain sinew and gristle, these will be broken down during cooking to give a tender result. It is not recommended to slow cook with tender meat cuts as they will toughen and shrink during cooking.

It is recommended during slow cooking to place the lid on to retain the heat. During the cooking process the curry or casserole will boil then turn off. This is normal operating for a probe controlled unit.

RECOMMENDED CUTS OF SLOW COOKING (BRAISING)

BEEF
Diced blade (boneless), chuck, round, shin, silverside

CHICKEN
Dices thigh, leg

LAMB
Diced forequarter, shanks and neck chops

VEAL
Diced forequarter, leg and knuckle (Osso Bucco)

PORK
Diced forequarter, leg

COOKING TECHNIQUES cont'd

SLOW COOKING TIPS

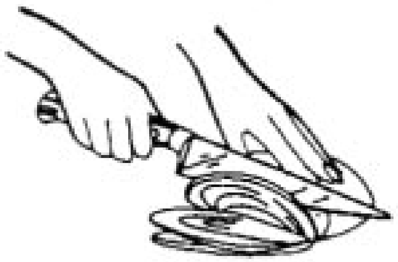
- Cut meat into 3cm cubes. Trim any visible fat.
- Use a medium to low heat setting
- Cook for approx 1 1/2 - 2 hours, stirring occasionally with the lid on.
- Add soft or quick cooking vegetables such as mushrooms, tomatoes, beans or corn in the last half hour of cooking.
- Thicken towards end of cooking by stirring a little cornflour blended with water, or plain flour blended with margarine or butter. Alternatively, coat the meat in plain flour before browning.

PREPARATION TECHNIQUES

The success of any dish depends on careful forethought and preparation. To achieve an authentic Oriental appearance and even cooking results, food should be cut into small, even pieces. This allows food to cook quickly and to be easily picked up with chopsticks.

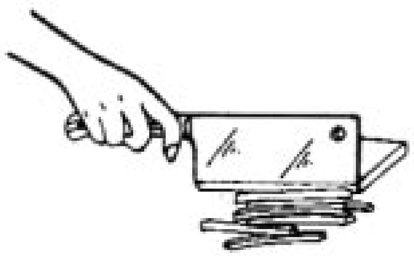
SLICING

A straight slice is used for cutting meats and vegetables. Slices should be of an even thickness. Partially frozen meat will slice more evenly. Slice meat very thinly, across the grain to obtain a more tender result.



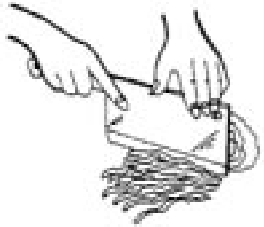
MATCHSTICK OR JULIENNE

First slice the vegetables as described above. Then, stack slices and cut again into thin or thick sticks depending on the recipe.



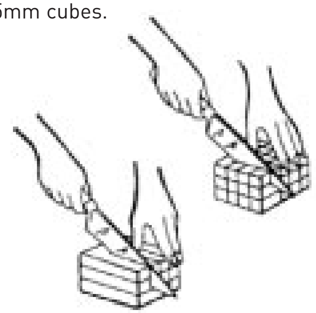
SHREDDING

Used for cutting meats and vegetables. 5mm slices of food should be stacked, then cut again into 5mm sticks. Vegetables such as cabbage and spinach should have their leaves stacked, then rolled up. Cut width ways very finely.



CUBING AND DICING

Used for cutting meats and vegetables. To cube, cut 3cm slices, then stack them on top of one another and slice 3mm thick in the opposite direction. Cut again in the opposite direction forming 3cm cubes. To dice, follow the same directions, making 5mm slices forming 5mm cubes.



SPECIAL INGREDIENTS

A little planning ahead makes stir frying easier.

AGAR-AGAR

Is made from different types of seaweed. It has excellent setting properties, similar to gelatine, and will set at room temperature.

BOK CHOY

Also known as Chinese chard or Chinese white cabbage, has fleshy white stems and dark green leaves. It has a slight mustard taste. There is also a smaller version called shanghai or baby bok choy.

BAMBOO SHOOTS

The young tender shoots of bamboo plants are available in cans. They are mainly used to add texture to food.

COCONUT CREAM AND COCONUT MILK

Both coconut cream and milk are extracted from the grated flesh of mature coconuts. The cream is a richer first pressing and the milk the second or third pressing.

CHILLIES, FRESH AND DRIED

Chillies are available in many different types and sizes. The small ones (birds eye or bird peppers) are the hottest. Use tight fitting gloves when handling and chopping fresh chillies as they can burn your skin. The chilli seeds are the hottest part of the chillies so remove them if you want to reduce the heat content of recipes.

CORIANDER

This is also known as cilantro and Chinese parsley. It is essential to many Southeast Asian cuisines. A strongly flavoured herb, use it sparingly until you are accustomed to the unique flavour. Parsley can be used as a substitute; it looks the same but tastes quite different. Coriander is available fresh, ground and in seed form.

CHAR SIU SAUCE

This is the equivalent of Chinese BBQ sauce.

CRISP FRIED SHALLOTS

These are available from most Asian Supermarkets pre-prepared.

SPECIAL INGREDIENTS

FISH SAUCE

A thin, salty dark brown sauce with a distinctive fishy smell, which is used extensively in Thai and Vietnamese cookery. It is made from small fish that have been fermented in the sun. Fish sauce replaces salt in many recipes.

GARAM MARSALA

A blend of spices, usually consisting of some combination of cinnamon, cumin, pepper, cloves, cardamom, nutmeg and mace. It can be bought already blended from supermarkets, but it is best freshly made. It is usually added towards the end of cooking.

GREEN GINGER WINE

An Australian made alcoholic sweet wine infused with finely ground ginger.

HOISIN SAUCE

This sauce is a thick sweet Chinese barbecue sauce made from a mixture of salted black beans, onions and garlic.

HOIKKIEN NOODLES

Also known as fukkien, these are thick, yellow and rubbery in texture. They are made from wheat flour and are cooked and lightly oiled before being packaged and sold. The noodles need to be broken up before cooking.

RICE NOODLES

These are fresh white noodles, they do not require a lot of cooking.

KAFFIR LIME LEAVES

These are dark green, shiny, double leaves which have a very pungent perfume. They are rather thick and must be sliced very finely for use as a garnish, or added whole in a curry.

LEMON GRASS

An aromatic fresh herb that is used in curry pastes, stir fries and soups. Trim the base, remove the tough, outer layers and finely slice, chop or pound the white interior. Whole stems can be added to soups or curries. Dried lemon grass needs to be soaked in water, but the flavour of fresh is superior.

LYCHEES

Delicious fruit with a light texture and flavour, peel away the rough skin, remove the seed and use. They are also available in cans.

RICE WINE VINEGAR

Milder than most western vinegars, it usually has an acidity of less than 4%. It has a mild, sweet, delicate flavour and is made from rice.

SAMBAL OELEK

This is a paste made from ground chillies and salt. This can also be used as an ingredient or an accompaniment.

TAMARIND

Tamarind has a fruit, tart flavour and is a large, brown bean like pod. It is available as a dried shelled fruit, a block of compressed pulp or as a puree or concentrate.

TOFU

Tofu, or bean curd, is a high protein, low fat food made from soya beans. It is available in very firm or soft blocks and is either fresh or vacuum-packed. It takes on the flavour of the spices and sauces it is cooked with.

TURMERIC

This is best known in its powdered form and is often used to colour food. It has a bitter flavour and it is also available fresh as a root, rather like ginger, which is peeled and then grated and finely chopped.

SZECHUAN PEPPER CORNS

These are available from most Asian Supermarkets and have a slight aniseed taste.

WATER CHESTNUTS

Small white crisp bulbs with a brown skin. Canned water chestnuts are peeled and will keep for about 1 month, covered in the refrigerator.

SOUPS

CHICKEN AND SWEET CORN SOUP

Serves 4-6

1 tablespoon peanut oil
1 cloves garlic, crushed
500g creamed corn
150g cooked and shredded chicken meat
4 cups chicken stock
4 egg whites
1 tablespoon of finely chopped parsley
1 teaspoon ground black pepper
4 green shallots, sliced

1. Heat the oil in the wok on high sear setting.
2. Add the oil then garlic, corn, and chicken meat and stir fry for 1 minute.
3. Add the chicken stock and bring to the boil, reduce the heat to setting 2.
4. Add the egg whites and stir to break them up.
5. Sprinkle with parsley and pepper.

Serve with sliced green shallots.

THAI HOT AND SOUR PRAWN SOUP 'TOM YUM GOON'

Serves 6

2 Kaffir lime leaves, cut in 1/2
1 stalk lemongrass, bottom third finely sliced
1 teaspoon grated ginger
1 table spoon tom yum paste
4 button mushrooms, sliced
8 cups chicken stock
1 tomato, seeds removed and diced
16 medium green prawns, peeled
2 tablespoons lime juice

1. Add the first 6 ingredients into the wok and heat on high sear, when the soup boils, reduce the wok to a simmer, setting 2, for 5 minutes to infuse the flavours.
2. Add the tomato and prawns, return to the boil, simmer for a further 5 minutes or until the prawns are just cooked, add the limejuice and serve.

Serve with corriander leaves.

CHINESE WON TON SOUP

Serves 6

50g dried sliced mushrooms
2 teaspoons grated ginger
6 cups chicken stock
200g fresh egg noodles
24 prepared won tons (available frozen from supermarkets)
4 green shallots, sliced

1. Place the mushrooms into boiling water for 10 minutes then drain.
2. Place the ginger and stock into the wok and heat on high sear setting to boil, add the noodles and won tons, return to the boil.
3. Reduce the heat to setting 2, simmer the soup for 7 minutes to cook the won tons.

Serve with sliced green shallots.

FRENCH ONION SOUP

Serves 4-6

1 tablespoons butter
1 tablespoon oil
6 medium brown onions, finely sliced
1 clove of garlic, crushed
2 tablespoons of plain flour
1 cup red wine
1 teaspoon chopped fresh thyme
6 cups beef stock
1 tablespoon brown sugar

1. Heat the wok on high sear setting, add the oil, butter ,then the onions and garlic. Stir fry the onions until they have a golden colour.
2. Add the flour and cook for 1 minute
3. Add then wine and thyme and reduce the liquid by half.
4. Add the beef stock and brown sugar, bring the soup to the boil. Reduce the heat to setting 2, simmer the soup for 30 minutes, add salt and pepper if desired before serving.

Serve with cheese croutons.

SOUPS cont'd

MOROCCAN PUMPKIN SOUP

Serves 4-6

2 tablespoons cooking oil
2 brown onions, finely diced
2 cloves garlic, crushed
1 teaspoon ground cumin
1 teaspoon garam marsala
1 teaspoons paprika
½ teaspoon ground white pepper
800g Butternut pumpkin, peeled and diced
5 cups chicken stock
300ml sour cream
¼ cup fresh coriander leaves, finely chopped

1. Heat the wok on high sear setting, add the oil, saute the onions, garlic, and ground spices for 2 minutes.
2. Add the pumpkin to coat with the onion and spice mix, then add the stock and bring the mixture to the boil.
3. Reduce the heat to setting 2, place the lid on and cook the soup for 20 minutes, with the lid on until the pumpkin is cooked, transfer the mixture to a blender to puree.
4. Return the mix to the wok to heat through, check the seasoning before serving.

Serve with a dollop of sour cream and coriander leaves.

CHICKEN (OR PRAWN) LAKSA SOUP

Serves 4

2 cups coconut milk
¼ cup Singapore laksa paste
2 cups chicken stock
500g chicken thigh meat, finely sliced
500g fresh rice noodles
1 tablespoon lime juice
1½ tablespoons fish sauce

GARNISH

125g bean sprouts
Coriander leaves
Mint leaves (Vietnamese if available)
Fried shallots (available prepared in Asian supermarkets)

1. Add the coconut milk and laksa paste to the wok and heat on high sear setting, to bring the laksa to the boil. Reduce the heat to setting 6 and cook for 5 minutes until the oil rises to the surface.
2. Add the stock and chicken and bring the soup to the boil, simmer for 5 minutes, add the fish sauce and lime juice.
3. Place the soup into each bowl and top each with the garnish.

ENTREES AND ACCOMPANIMENTS

SPICED WOK FRIED NUTS

3 tablespoons olive oil
250g unsalted cashews
200g salted macadamia nuts
200g unsalted shelled peanuts
1 cup raw pistachios
1 cup blanched almonds
1 teaspoon ground cumin
2 teaspoons ground garam marsala
1 tablespoon curry powder
½ teaspoon ground chilli powder
1 teaspoon salt

1. Heat the wok on high sear setting, add the oil then nuts, stir fry until the nuts are golden in colour, remove and drain on paper towelling.
2. Cook spices in the same wok stirring for 1 minute, return nuts back to wok, stir until all nuts are coated.

Serve warm or cold.

STIR FRIED CARAMELISED ONIONS

Serves 4-6

2 tablespoons olive oil
60g butter
12 spring onion bulbs, halved
6 medium Spanish onions, cut into wedges
2 cloves garlic, sliced
¼ cup brown sugar
2 tablespoons balsamic vinegar
1 tablespoon extra virgin olive oil

1. Heat the wok on high sear setting, add the oil and butter then the onions, cook until the unions have a golden colour, add the garlic and cook a further 2 minutes, reducing the heat to setting 6.
2. Sprinkle with brown sugar and cook until it has dissolved.
3. Cook for a further 10 minutes, then drizzle with remaining ingredients.

Serve as an accompaniment to grilled meat or fish.

CRISPY TEMPURA VEGETABLES WITH DIPPING SAUCE

Serves 4-6
1kg selection of vegetables
ie: broccoli, florets; eggplant, sliced; carrot, sliced; snow peas; beans, top and tailed; cauliflower, florets; zucchini, sliced; kumara; sliced; green shallot, cut into 5cm pieces

DIPPING SAUCE
1/2 cup light soy sauce
1 tablespoon mirin
2 teaspoons hot water

1. To prepare the dipping sauce place all ingredients into a small bowl and stir, let the sauce sit for 10 minutes before serving.

BATTER
1 cup plain flour
1/4 teaspoon salt
1/4 teaspoon white sugar
1/2 teaspoon baking powder
1 egg yolk
1/3 cup ice water
Vegetable oil for shallow frying

1. Sift the flour, sugar salt, and baking powder.
2. In a medium bowl mix together egg yolk and iced water, add the flour mix. Do not over mix, leave a few lumps of flour in the batter, as it will help the batter to become crispy.
3. Heat the wok on setting 10 for 8 minutes with 4 cups of vegetable oil.
4. Dip small batches of vegetables into batter mixture, and then carefully place into hot oil.
5. Shallow fry until golden brown then remove onto absorbent paper. Continue until all vegetables are cooked.

Serve with dipping sauce.

THAI FISH CAKES

Serves 4
400g boneless white fish fillets
(cod or jewfish is preferable)
1/2 bunch coriander (roots included)
2 eggs
1/4 cup well cooked rice
1 tablespoon red curry paste
1 teaspoon fish sauce
1 tablespoon sweet chilli sauce

1. Dice the fish and finely chop the coriander.
2. Place all the ingredients into a food processor; blend the ingredients using the pulse button, until the mixture is pureed.
3. To shape the fish cakes can be a little difficult; to make it easier place a little oil onto the palm of your hands before moulding. Shape the fish cakes onto a flat round shape 3-4cm wide and place onto a greased tray.
4. Heat the wok on setting 10 for 8 minutes with 4 cups of vegetable oil.
5. Place 6-8 fishcakes into the oil and shallow fry until golden brown in colour, repeat with the remaining fish cakes.

Serve with sweet chilli sauce and lime wedges.

ENTREES AND ACCOMPANIMENTS cont'd

PLUM GLAZED CHICKEN WINGS

Serves 4
1kg chicken wings, pinion and wing removed (if desired)
1/2 cup prepared plum sauce
1 tablespoon honey
2 tablespoon sweet Thai Chilli sauce
2 tablespoons dark soy sauce
1 tablespoon sesame seeds
1 cup chicken stock

1. Place prepared chicken into a large mixing bowl.
2. Combine the remaining ingredients and mix well.
3. Marinate and refrigerate for several hours or overnight.
4. Heat the wok on a moderate heat setting 6-8, add the chicken wings and stir for 5 minutes, add 1 cup of chicken stock and place the lid onto the wok for 10 minutes to complete the cooking.

Serve with mixed salad leaves.

THAI PRAWN AND MANGO SALAD

Serves 4-6
1kg green prawns, peeled and de veined
3 tablespoons light olive oil
3 cloves garlic, crushed
1 small red chilli, chopped
1 tablespoon chopped fresh coriander root
2 mangoes peeled and chopped (canned mango can be substituted if out of season)
1 butter lettuce or green oak, washed
4 green shallots sliced in 1cm pieces
1/2 punnet cherry tomatoes cut in half
1/2 cup cashew nuts

DRESSING
2 tablespoons lime juice
1/4 cup sweet chilli sauce
2 teaspoons fish sauce

1. Marinate the prawns with the garlic, chilli and coriander root for 20 minutes.
2. Combine all dressing ingredients in a screw top jar and shake to combine.
3. Place the lettuce, shallots, tomatoes, and cashew nuts into a mixing bowl.
4. Heat the wok on high sear setting.
5. Add the prawns and cook for 3-5 minutes until the prawns are cooked, then remove. Add to the lettuce leaves and pour over the dressing, mix the salad before serving.

Serve with crisp shallots.

ENTREES AND ACCOMPANIMENTS cont'd

SPICY PORK AND CHILLI SALAD

Serves 4-6

2 tablespoons peanut oil
1/2 cup peanuts
1 tablespoon Thai green curry paste
2 cloves garlic, lightly crushed
300g pork mince
1 tablespoon brown sugar
2 teaspoons fish sauce
1 iceberg lettuce, washed
2 tomatoes cut into wedges

1. Heat oil on high sear setting.
2. Add the oil, nuts and curry paste and cook for a few minutes.
3. Add the pork mince and stir to brown, add the brown sugar and fish sauce, stir fry until the liquid has evaporated.
4. Arrange the lettuce on serving plates and top with the tomato then the mince.

MUSSELS IN TOMATO AND GARLIC SAUCE

Serves 4-6

2 tablespoons olive oil
2 Spanish onions, finely diced
3 cloves garlic
1 cup white wine
600ml tomato pasta sauce
1kg fresh mussels, bearded and scrubbed
1/4 cup basil leaves, torn
Black pepper freshly ground

1. Heat the wok on high sear setting, add the oil, onions and garlic and stir fry until the onion is soft.
2. Add the wine and reduce the liquid by half.
3. Add the tomato sauce and bring the mixture to the boil.
4. Add the mussels then reduce the heat to setting 6, place the lid on and cook until the mussels have opened. Add the basil and pepper.

Serve with crusty bread and extra virgin olive oil.

ENTREES AND ACCOMPANIMENTS cont'd

SALT AND PEPPER CALAMARI

Serves 4-6

1kg squid hoods (small)
1 tablespoon szechuan peppercorns, ground
2 teaspoons sea salt
1 tablespoon corn flour
1 tablespoon plain flour
2 egg whites
4 cups sunflower oil for shallow frying
3 limes, quartered

1. Cut squid hoods open, clean and remove quill from squid hood.
2. Cut shallow diagonal slashes in criss-cross pattern on the inside.
3. Cut into 6cm x 2cm pieces
4. Combine remaining ingredients in bowl.
5. Toss prepared squid in the flour mixture.
6. Heat oil on setting 8 for 4 minutes, then shallow fry squid in 3 batches.
7. Drain on absorbent paper.

Serve with lime wedges and coriander leaves.

SANG CHOY BOW (CHINESE LETTUCE ROLLS)

Serves 6

500g ground pork
1 egg yolk
1/2 cup bamboo shoots, finely sliced
1/4 cup water chestnuts, finely diced
3 cloves garlic, finely diced
4 shiitake mushrooms, diced
(canned mushrooms are suitable)
2 green shallots, finely sliced
2 tablespoons vegetable oil

SAUCE

1 tablespoon soy sauce
1 tablespoon oyster sauce
1 teaspoon sesame oil
1 Iceberg lettuce

NOTE!!

TIP To make the lettuce cups place the leaves over a small rice bowl and cut around the bowl. Store the cups in water to make them crisp.

1. Combine the pork mince, egg yolk and vegetables.
2. Heat the wok on high sear setting, add the oil then pork and vegetable mixture and stir fry until the pork is cooked. Add the sauce ingredients and cook for a further minute.
3. Place the mixture into prepared lettuce cups and serve.

STEAMED WHOLE FISH WITH GINGER AND SHALLOT

1 x 400-500g whole snapper or bream, cleaned and scaled
1/2 bunch coriander
2 tablespoons soy sauce
1 tablespoon peanut oil
1 tablespoon ginger cut into matchsticks
1 stick lemongrass
1 lime, sliced

1. Wash and dry the fish, cut 2 slits at a 45° angle through each side of the fish to the bones, in each cut place some ginger and a slice of lime.
2. Place 1/2 the coriander into the cavity of the fish.
3. Place the fish onto the steaming rack and place into the wok
4. Pour 2 cups of water into the wok and heat on high sear setting, when the water is boiling turn the controls to setting 6, place the lid on and steam for 10 minutes or until the fish is cooked.
5. Remove the fish and place onto the serving platter and cover. Clean the wok and heat on high sear setting, add the soy, oil and lemongrass, bring to the boil then spoon over the fish and serve

Serve with steamed rice.

STEAMED VEGETABLES (GADO GADO)

1 bunch baby Bok Choy
1 small head broccoli cut into florets
10 snow peas
1 carrot, peeled and thinly sliced
300g hard tofu

1. Place the steaming rack into the wok, add 2 cups of water, and then place the vegetables onto the steaming rack.
2. Heat the wok on high sear setting, when the liquid boils place the lid onto the wok and reduce the heat to setting 6, cook for 3-5 minutes or until the vegetables are cooked to your liking.

Serve with peanut sauce.

PEANUT SAUCE

2cm piece fresh ginger, chopped
1 onion, chopped
1 clove garlic
1 tablespoon oil
1 teaspoon curry powder (preferably Malaysian)
1 tablespoon soy sauce
1/4 cup crunchy peanut butter
1 teaspoon chilli paste
2 teaspoons brown sugar
1 cup coconut milk

1. Place the ginger, onion and garlic into a food processor and process until fine.
2. Heat the wok on a high sear setting, gently fry the onion mixture in oil for 3-4 minutes.
3. Reduce the heat to setting 6, add curry powder and soy sauce, and stir well before adding peanut butter, sugar, and chilli sauce.
4. Add the coconut milk and stir thoroughly until the sauce is smooth. Continue to cook for 2 minutes.

   Cook on low heat for 2 minutes.

STEAMED CHICKEN BREAST WITH GINGER AND SPINACH

Serves 4
1 tablespoon minced ginger
1/2 bunch coriander, finely sliced
4 x 150-200g chicken breast supremes, skin on
1 cup Stones ginger wine
200g baby spinach
1 punnet baby corn

1. Combine the ginger and coriander and place 1/4 of the mixture under the skin of the chicken
2. Place the breasts into a dish, in a single layer and pour over the ginger wine. Marinate for 20 minutes.
3. Place the steaming rack into the wok, add 2 cups of water, and then place the chicken breasts and baby corn onto the steaming rack.
4. Heat the wok on high sear setting, when the liquid boils place the lid onto the wok and reduce the heat to 6, cook for 8-10 minutes or until the chicken is cooked.
5. Remove the chicken and cover, place the spinach onto the steaming rack and cook until it wilts.

Serve the chicken on top of the spinach with a drizzle of soy sauce.

KUMERA, ZUCCHINI, BEAN SHOOT AND TOFU STIR FRY

Serves 4

1 tablespoon peanut oil
1 medium kumera, peeled and diced
1 zucchini cut into matchsticks
1 clove garlic, diced
1 teaspoon ginger sliced into matchsticks
100g bean shoots
150g firm tofu cut into slices
1 teaspoon sesame seeds
1 teaspoon sesame oil
1 tablespoon sweet soy sauce

1. **Heat the wok on high sear setting, add the oil then the kumera and cook for 2 minutes, add the zucchini, garlic and ginger continue to cook for a few minutes to release the aromatics.**
2. **Add the remaining ingredients, continue to cook for 2 minutes then serve**

Serve with grilled chicken or pork.

SINGAPORE HOKKIEN NOODLES

Serves 4-6

2 tablespoons peanut oil
1 teaspoon crushed garlic
1/2 teaspoon dried chilli
2 eggs, lightly beaten
1 tablespoon curry powder
100g BBQ pork, finely sliced
200g green prawns, peeled and sliced in half
1 red capsicum, finely sliced
1 medium carrot, finely sliced
450g hokkien noodles

SAUCE

1/2 cup chicken stock
1 tablespoon sweet soy sauce
1 teaspoons light soy sauce

1. **Heat the wok on high sear setting, add the oil then garlic and chilli, stir for 1 minute, add the egg, and continue to stir until the egg is cooked.**
2. **Add the curry powder, prawns, pork, capsicum, and carrot continue to cook for 2 minutes then add the noodles and sauce, stir until the noodles are heated through.**

Serve with toasted sesame seeds.

STIR FRIED CHINESE GREEN VEGETABLES

Serves 4

1 tablespoon peanut oil
1 bunch Chinese green vegetables cut into 5cm pieces washed (bok choy, choy sum or Chinese broccoli)
1 teaspoon garlic crushed
2 teaspoons soy sauce
2 tablespoons oyster sauce

1. **Heat the wok on high sear setting, add the oil then the remaining ingredients apart from the oyster and soy sauce.**
2. **When the vegetables have wilted add the oyster and soy sauce, and cook for 1 minute.**

Serve as an accompaniment.

GINGER AND CORIANDER CALAMARI WITH RICE NOODLES

Serves 4

1kg squid tubes
1 tablespoons of pureed ginger
1/2 bunch of coriander, well washed
2 tablespoon peanut oil
1 teaspoon fish sauce
1/2 tablespoon sesame oil
1 red capsicum cut into triangles
1 punnet of baby corn cut in half
1 x 200g packet of fresh rice noodles (sliced into 1cm strips if not already sliced)
1/2 bunch Thai basil leaves

1. **Cut squid hoods open, clean and remove quill from squid hood.**
2. **Cut shallow diagonal slashes in criss- cross pattern on the inside of the squid, then cut into small triangles.**
3. **Place the ginger, roots and steams of the coriander and 1/2 the peanut oil into a food processor to form a paste.**
4. **Marinate the calamari with the paste and ad the fish sauce. This mixture can be used immediately or left for 24 hrs.**
5. **Heat the wok on high sear setting, add the remaining oil, add the calamari and cook for 2 minutes add the remaining ingredients and cook until the noodles have heated through.**
6. **Before serving mix the sesame oil and basil leaves into the stir fry.**

Serve with steamed jasmine rice.

STIR FRY PRAWNS WITH SNOWPEAS AND OYSTER SAUCE

Serves 4-6

1 tablespoon peanut oil
1 medium carrot peeled and finely sliced
150g snowpeas
1 clove garlic, finely sliced
1 teaspoon grated ginger
32 medium green prawns, peeled and de-veined
2 tablespoons oyster sauce
1 cup green onions cut into 3cm pieces

1. Heat the wok on high sear setting, add the oil and stir fry the carrots and snowpeas cook for 3 minutes then remove.
2. Add the garlic and ginger to the wok and cook for a minute before adding the prawns, cook the prawns until they turn red.
3. Return the vegetables to the wok, add the oyster sauce and green onions, cook until the prawns are coated in sauce.

Serve with boiled rice.

SATE PRAWNS

Serves 4-6

32 medium green prawns, peeled and de-veined
1 teaspoon ground coriander
1 teaspoon ground cumin
1 clove garlic, finely chopped
1 small chilli seeds removed, finely sliced
2 tablespoons light olive oil
1 small brown onion, diced
1 cup crunchy peanut butter
½ cup coconut cream
2 teaspoons soy sauce
1 tablespoon lemon juice

1. Mix the prawns with the ground spices, garlic, and chilli.
2. Heat the wok on high sear setting, add the oil then prawns cook for 2 minutes and remove.
3. Add the onion and stir fry until soft, add the peanut butter, coconut cream and soy sauce, bring to the boil then add the prawns and lemon juice continue to cook until the prawns have heated through.

Serve with steamed jasmine rice.

STIR FRIED SEAFOOD WITH RICE NOODLES

Serves 4-6

1 tablespoon peanut oil
1 tablespoon ginger, cut into matchsticks
1 garlic clove diced
500g mixed seafood (Marinara mix)
2 tablespoons light soy sauce
1 x cup chicken stock
200g fresh rice noodles, sliced
1 x 250g can baby corn

1. Heat the wok on high sear setting, add the oil then garlic and ginger, cook for 2 minutes or until the ginger is fragrant.
2. Add the seafood and stir for a few minutes to infuse the flavours, add the soy and stock then bring the mixture to the boil.
3. Add the noodles, corn, and stir to heat through.

Serve with sliced green shallots.

CHILLI CHICKEN WITH SINGAPORE NOODLES

Serves 4-6

6 chicken thighs
1½ cups sweet chilli sauce
1 tablespoon vegetable oil
½ cup chicken stock
2 sticks celery, finely sliced
1 x 410g can champignon mushrooms
1 x 350g packet of fresh Singapore noodles
100g bean shoots

1. Marinate the chicken in the sweet chilli sauce for 2 hours or overnight.
2. Heat the wok on high sear setting, add the oil and seal the chicken thighs on each side.
3. Remove the chicken thighs and slice them.
4. Add the chicken stock, celery, and mushrooms and bring to the boil, add the noodles and cook for 2-3 minutes to heat through.
5. Add the chicken and bean shoots, heat the chicken through and serve.

Serve with naan bread.

LEMON CHICKEN

Serves 4

600g chicken breast fillets, sliced into strips
2 egg whites, lightly beaten
1 teaspoon finely chopped minced ginger
1 clove garlic, crushed
1 tablespoon cornflour
1 cup peanut oil
1 cup fresh lemon juice
1/4 cup white sugar
1 tablespoon corn flour
2 tablespoons water

1. Toss chicken strips into the egg white, ginger, garlic and cornflour, and mix well.
2. Refrigerate for 1 hour.
3. Heat the wok on high sear setting, add the oil individually add the chicken strips, cook in small batches until golden, then remove.
4. Add the lemon juice and sugar to the wok and bring the mix to the boil, then add the corn flour mixed with water. Reduce the heat after the corn flour has been added to setting 8.
5. Return the chicken to the wok and stir to coat in the lemon sauce.

Serve with fried or boiled rice.

SZECHUAN PORK WITH THAI RICE STICK NOODLES

Serves 4

150g rice stick noodles
2 tablespoons soy sauce
1 tablespoon dry sherry
1 teaspoon chilli paste
1/2 teaspoon garlic
1 teaspoon sugar
1/2 cup beef stock
2 tablespoons peanut or vegetable oil
250g pork fillet sliced in 1cm rounds
2 green shallots, sliced
1 teaspoon grated ginger
1/2 cup sliced water chestnuts
1 punnet baby corn sliced in half

1. Place the noodles into a bowl of boiling water, to soften for 5 minutes. Drain the noodles and cut to approximately 5cm lengths, using kitchen scissors
2. Combine the next 6 ingredients in a small bowl.
3. Heat the wok on high sear setting, add the oil and stir fry the pork for 3-4 minutes.
4. Add the green shallots, ginger, and water chestnuts, cook for a further 30 seconds.
5. Add the soy mixture and drained noodles, reduce the heat to setting 6, cook until the liquid has almost absorbed but still moist.
6. Taste and adjust the seasoning.

Serve with steamed Chinese green vegetables.

PEKING DUCK, MUSHROOM AND CHINESE BBQ SAUCE STIR FRY

Serves 6

1 tablespoon peanut oil
1 carrot cut into matchsticks
1/2 cup beef sock
1/2 cup Chinese BBQ sauce (Char Siu Sauce)
1 can shitake mushrooms sliced
1 small can water chestnuts sliced
1 teaspoon grated ginger
1 Peking duck, de-boned and shredded (already cooked)
100g snowpeas
100g beanshoots
2 teaspoons sesame oil

1. Heat the wok on high sear setting, add the oil and saute the carrots for 1 minute, add the stock and sauce and bring the liquid to the boil.
2. Add the remaining ingredients and cook until the duck is heated through, add the sesame oil and serve.

Serve with boiled noodles.

THAI BEEF AND SPINACH STIR FRY

Serves 4-6

1 tablespoon peanut oil
2 brown onions, sliced
2 cloves garlic, finely sliced
1 tablespoon ginger, finely diced
2 red capsicums cut in strips
1 tablespoon peanut oil
750g lean beef strips
150g baby spinach
1/4 cup mint leaves
1/2 cup roasted cashews
1 tablespoon lime juice
2 teaspoons fish sauce
2 tablespoons sweet Thai chilli sauce
1 teaspoons lemon grass, thinly sliced

1. Heat the wok on high sear setting , add the oil and stir fry the garlic, ginger and onions, cook for 2 minutes then add the capsicum. Cook for a further 2 minutes then remove.
2. Add the remaining oil then stir fry the beef in small batches for 1-2 minutes.
3. Remove when cooked and allow wok to reheat before stir frying next batch.
4. Return all the ingredients to the wok.
5. Reduce to a medium heat, setting 8, until spinach has softened.

Serve with coconut rice.

MONGOLIAN LAMB

Serves 4-6

750g lamb cut into strips
1 tablespoon light soy sauce
1 tablespoon rice wine
1/2 teaspoon salt
1 teaspoon sugar
1 tablespoon soy sauce
1 tablespoon rice wine
1 tablespoon sesame oil
2 tablespoons peanut oil
2 cloves garlic diced
1 brown onion diced
1/2 bunch shallots cut into 2cm pieces
1 red capsicum sliced

1. Place the lamb into a bowl and mix with the light soy and rice wine, let this marinate for 30 minutes.
2. While the meat is marinating place the next 5 ingredients into a screw top jar and shake to make the sauce.
3. Heat the wok on high sear setting, add the oil then vegetables, stir fry for 2 minutes then remove, add the meat and cook for 2 minutes then add the sauce, bring the mixture to the boil, return the vegetables to heat through.

   Serve with steamed rice.

TERIYAKI BEEF

Serves 4-6

2 tablespoons peanut oil
750g beef strips
1/4 cup soy sauce
1 1/2 tablespoons mirin
2 teaspoons sake
2 teaspoons caster sugar
1 carrot, finely sliced
1 zucchini cut into batons
150g spinach leaves

1. Place the beef strips into a bowl, add the soy, mirin, sake and sugar, marinate for 4 hours.
2. Heat the wok on high sear, add some oil and 1/3 of the beef strips quickly cook to seal the beef and remove. Complete the process with all the strips.
3. Add the carrot and zucchini, cook for 2 minutes, add the beef then spinach. Stir fry until the spinach has wilted.

   Serve with steamed new potatoes.

CHICKEN AND TOMATO RISOTTO

Serves 4

60g butter
2 tablespoons olive oil
1 Spanish onion, chopped
1 clove garlic, crushed
1 1/2 cups arborio rice
5 cups chicken stock
2 tomatoes, chopped
1 tablespoon chopped basil
1/2 cup freshly grated Parmesan cheese
Freshly ground black pepper

1. Heat the wok on high sear, add the butter and oil.
2. Stir fry onion and garlic until softened.
3. Add rice, stir rice through butter until all grains are covered.
4. Stir through stock.
5. Bring to the boil, continually stirring.
6. Reduce to setting 4, continue to stir, placing the lid on until the stock has been absorbed. Some additional stock or water may be required, depending on rice types.

CHICKEN, SPINACH AND PINE NUT RISOTTO

Serves 4-6

250g Pine nuts
1 bunch of English spinach, picked and washed
2 tablespoons olive oil
2 tablespoons butter
2 cups arborio rice
2 cloves garlic, crushed
2 tablespoons pesto
6 cups chicken stock
500g roasted chicken, shredded (approximately 1 small roast chicken)

1. Heat the wok on high sear, add the pine nuts and toast until golden in colour, then remove.
2. Add oil and butter. Lightly saute spinach then remove.
3. Add rice stir until all rice is coated in the oil.
4. Add garlic and chicken stock. Bring the risotto to the boil.
5. Reduce to setting 4, continue to stir, placing the lid on until the stock has been absorbed. Some additional stock or water may be required, depending on rice types.
6. Stir through remaining and prepared ingredients, heat through and serve.

   Serve with freshly grated Parmesan cheese.

NASI GORENG (INDONESIAN FRIED RICE)

Serves 4

1 tablespoon peanut oil

I teaspoon crushed garlic

1/2 teaspoon dried chilli

3 eggs, mixed together

1/2 cup coked chicken breast diced

12 medium green prawns peeled and diced

3 1/2 cups cooked jasmine rice (cool)

1/2 cup water

1/4 cup chopped green shallots

1. Heat the wok on high sear setting, add the oil garlic and ginger and cook for 2 minutes add the mixed egg and stir to cook through.
2. Add the chicken and prawns, mix with the egg mixture, add the rice and water, and cook until the rice is hot and glowing.
3. Add the shallots, soy and sweet soy sauce, cook for a further 1 minute before serving.

Serve as an accompaniment or as an entree.

THAI GREEN CHICKEN CURRY

Serves 6

1 tablespoon vegetable oil

1 brown onion, diced

1 teaspoon crushed garlic

1 teaspoon diced ginger

1 1/2 tablespoons Thai green curry paste

800g chicken thighs diced

1 cup chicken stock

2 cans coconut cream

200g bamboo shoots

1 punnet cherry tomatoes

1/3 cup coriander leaves

1. Heat the wok on high sear setting, add the oil and onion cook until the onion is translucent.
2. Add the garlic, ginger and curry paste, cook until, the oil separates from the curry paste.
3. Add the chicken and toss in the paste mix, add the stock and half the coconut cream bring the curry to the boil then reduce the heat to setting 2 - 4.
4. Cook the curry with the lid on for 20 minutes, or until the chicken is cooked, add the remaining ingredients and cook for 5 minutes.

Serve with steamed jasmine rice.

INDIAN EGGPLANT CURRY

Serves 6

12 small eggplants, diced

2 tablespoons madras curry powder

1 teaspoon sea salt

2 tablespoons peanut oil

1 small onion diced

1 teaspoon crushed garlic

1 teaspoon diced ginger

1 tablespoon fish sauce

2 tomatoes diced

200ml yoghurt

1. Mix the eggplants with half the curry powder and the sea salt, sit for 20 minutes in a colander.
2. Heat the wok on high sear setting, add the oil, onion, curry powder, garlic and ginger, cook for 2 minutes, add the eggplant and stir fry, until well browned.
3. Add the fish sauce and tomatoes, reduce the heat to setting 6, cook until the eggplant is cooked, stir through the yoghurt, do not let the curry boil, as the yoghurt will split.

Serve with steamed basmati rice.

BEEF ROGAN JOSH CURRY

Serves 6-8

2 tablespoons peanut oil

1 1/2 kg diced chuck steak

1 brown onion diced

2 garlic cloved diced

2 tablespoons rogan josh curry paste

2 cans diced tomatoes

4 cups beef stock

1. Heat the wok on high sear, add the oil and then 500g of meat at a time to seal then remove. Repeat until all the meat is cooked.
2. Add the onion and garlic, cook for 2 minutes before adding the curry paste. Mix the curry paste and onions together.
3. Add the tomatoes and stock and bring to the boil, add the meat. Reduce the heat to setting 2 - 4, place the lid on, with the steam vent open, and cook for 1 hour.

   Serve with yoghurt and steamed basmati rice.

NOTE!!

While cooking wet dishes with the lid on, the wok will turn on and off during the cooking process, as the unit is thermostatically controlled.

MOROCCAN LAMB TAGINE

Serves 6-8
2 tablespoons peanut oil
2 brown onions diced
500g small diced lamb (1.5cm)
1 1/2 teaspoons cumin
1 1/2 teaspoons ground black pepper
1 1/2 teaspoons ground coriander
1 1/2 teaspoons salt
1 teaspoon paprika
1 teaspoon ground ginger
1 teaspoon turmeric
1 teaspoon cinnamon
1 tablespoon peanut oil
1 small can chickpeas
2 cans diced tomatoes
2 sticks celery diced
1/2 cup red lentils
1/2 cup tomato paste
1 teaspoon minced garlic
5 cups water

1. Heat the wok on high sear, add the oil and stir fry the onion until soft add the meat and seal.
2. Place all the ground spices and extra oil into the wok and cook for 2 minutes to release the flavours of the spices.
3. Add the remaining ingredients and return the Tagine to the boil, reduce the heat to a simmer setting 2 - 4, place the lid on and cook for 1 hour.

Serve with steamed Cous Cous.

BLACK RICE PUDDING

Serves 4
1 cup of Black Glutinous Rice
5 cups water
2-4 cinnamon sticks (optional)
2 teaspoons vanilla essence
200 grams palm sugar (or brown sugar)
400ml tin of coconut milk
1/3 cup dried coconut
1 mango sliced

1. Soak rice in 2 cups of water for 6-12 hours.
2. Add to the wok 3 cups of water the cinnamon sticks and vanilla essence. Add pre-soaked rice (rinsed from the soaking water and heat the wok on setting 6, cook for approx 40 minutes (or until rice is soft) stirring often with the lid on.
3. Remove the cinnamon sticks.
4. Add coconut milk and brown sugar and continue to cook on setting 4 for 20 minutes.

Serve with sliced mango or fruit puree.

SPICY FRUIT FLAMBÉ

Serves 4
50g butter
2 bananas
1 green apple
10 strawberries hulled
1 small can peach slices drained
1 tablespoon cinnamon sugar
1 tablespoon Kirsch
3 tablespoons dark Rum

1. Heat the wok on setting 10, add the butter, when melted add the fruit and cook for 2 minutes.
2. Add the cinnamon sugar and alcohol, cook for a further 5 minutes to infuse the alcohol into the fruit.

Serve with ice cream and toasted waffles.

NOTES